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Optimized Carnitine With GlycoCarn™
60 vegetarian capsules
Item Catalog Number: 916

Diminished cellular energy production is an inevitable consequence of aging. As adults mature, the cellular power plants known as the mitochondria become dysfunctional. The resulting slowdown in energy production manifests in numerous health problems.

Nutritional researchers have discovered that the amino acid carnitine promotes the burning of fat for fuel in the mitochondria, thus promoting youthful levels of cellular energy production.* Researchers have now identified several optimized, next-generation forms of carnitine that not only help boost cellular energy production, but also may confer targeted benefits for the brain, heart, muscles, and central nervous system.

Optimized Carnitine with GlycoCarn™ combines these advanced forms of carnitine -- acetyl-L-carnitine, propionyl-L-carnitine, and acetyl-L-carnitine arginate -- in a single formula that provides balanced, broad-spectrum support for cellular energy production throughout the body.

Acetyl-L-carnitine readily crosses the blood-brain barrier to combat oxidative stress and promote energy production in critical brain and central nervous system tissues.1 Acetyl-L-carnitine also supports healthy brain function by stimulating the release of acetylcholine and dopamine, two neurotransmitters that play vital roles in brain health and communication.*

Acetyl-L-carnitine arginate has an added molecule of arginine that enables it to augment the effects of acetyl-L-carnitine, promoting the growth of neurites that facilitate communication among nerve cells in the brain.2

GlycoCarn™ is a patented form of proprionyl-L-carnitine that quickly penetrates into heart, endothelial and muscle cells, with effects that range from protecting the heart muscle to combating muscle fatigue by increasing muscle energy stores of glycogen.3

References

1. Bruno G, Scaccianose S, Bonamini M, et al. Alzheimer Dis Assoc Disord. 1995;9(3):128-31.
2. Tagliatela G, Navarra D, Olivi A, et al. Neurochem Res. 1995 Jan;20(1):1-9.
3. Cui J, Das DK, Bertelli A, Tosaki A. Mol Cell Biochem. 2003 Dec;254(1-2):227-34.

Supplement Facts

Serving Size 2 vegetarian capsules	
Servings Per Container 30	
Amount Per Serving	
Acetyl L-Carnitine HCl	800 mg
ArginoCarn™ Acetyl L-Carnitine Arginate Di-HCl	300 mg
GlycoCarn™ Glycine Propionyl L-Carnitine HCl	300 mg

Other ingredients: dicalcium phosphate anhydrous, vegetable capsule, magnesium stearate, silica.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish, soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

GlycoCarn™ and ArginoCarn™ are trademarks of Sigmatau HealthScience, Inc. and are protected by U.S. patent nos. 6,703,042 B1 and 6,245,378 B1.

Dosage and Use

- Take two capsules once or twice daily, or as recommended by a healthcare practitioner.
- This product can be taken on an empty stomach with water or juice in the morning in divided doses or all at once.

Caution

For some people, L-carnitine, especially acetyl-L-carnitine, may have a stimulating effect. Therefore, it may be unwise to take it in the evening.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please inform your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.